



Panic Attack Diary

The following tool can be used to help young people who are experiencing panic attacks to keep a record of how often they occur, how strong they are and how long they last.

This information is needed to help determine how effective treatments are. Ideally this diary should be completed at the same time each day (suggestion is just before going to bed). If you forget to do a day's entry, just make a note that you forgot and try to remember the next time.

The completed diary pages should be brought to each appointment with your health provider. Use a different page for each date.

Date: _____

Name: _____

Number	Strength 1 = mild 2 = moderate 3 = severe	Duration
1	1 2 3	mins
2	1 2 3	mins
3	1 2 3	mins
4	1 2 3	mins
5	1 2 3	mins
6	1 2 3	mins
7	1 2 3	mins
8	1 2 3	mins
9	1 2 3	mins
10	1 2 3	mins
11	1 2 3	mins
12	1 2 3	mins
13	1 2 3	mins
14	1 2 3	mins